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Savoring the Seasons

As we continue to nurture our bodies, minds and the world around us, we are constantly reminded of the profound wisdom inherent in nature's cycles. Eating seasonally, a practice rooted in this natural wisdom, offers a multitude of benefits that resonate deeply with our quest for a healthier, more sustainable lifestyle.

Recently, I've taken more time to enjoy morning walks in my garden, savoring the stillness and the subtle sounds of nature waking up. These moments have reminded me of the vital bond we share with the Earth and how essential it is to nurture this connection.

One of the primary reasons to embrace seasonal eating is the unparalleled nutritional value of consuming foods at their peak. Seasonal fruits and vegetables are harvested at the height of their freshness, ensuring they are packed with vitamins, minerals and antioxidants. These nutrients not only enhance our immune system, but also boost our overall energy and vitality, providing our bodies with the tools they need to thrive.

Imagine biting into a juicy, sun-ripened tomato in the summer or savoring the crisp sweetness of an apple in the fall. Seasonal foods are not only more flavorful, but also more diverse, allowing us to enjoy a variety of tastes and textures throughout the year. This natural rotation

keeps our meals exciting and aligned with the rhythms of nature, bringing joy and satisfaction to our dining experiences.

Seasonal eating encourages us to reconnect with our cultural and culinary heritage. Traditional recipes and cooking methods are often based on seasonal ingredients, offering a rich tapestry of flavors and techniques that have been passed down through generations. By embracing these practices, we honor our ancestors and preserve these valuable traditions for future generations.

Finally, seasonal eating encourages mindfulness and a deeper connection to the world around us. It invites us to slow down, appreciate the changing seasons, and reflect on the natural cycles of life. This mindful approach to eating fosters a sense of gratitude and respect for the food we consume and the earth that provides it.

As we embark on this journey of seasonal eating, let us remember that every small choice we make in our kitchens has the power to create ripples of positive change in our health, our communities and our environment. Together, we can cultivate a lifestyle that honors the natural world and nourishes our bodies, minds and souls.

Here's to savoring the flavors of each season and embracing the harmonious rhythm of nature in our daily lives.

Bon appétit!

HEALTHY LIVING HEALTHY PLANET

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Experience Nutrition Response Testing at Thrive! Wellness Center

Thrive! Wellness Center offers a pathway to a healthier, more vibrant life through its innovative, natural health programs. The center specializes in Nutrition Response Testing, a non-invasive system that analyzes the body to uncover the root causes of health issues and address them naturally and holistically.

Nutrition Response Testing is unique and clinically proven, utilizing the body's reflexes to detect weaknesses and determine nutritional support needs. This method identifies issues such as environmental toxins, food allergies and immune challenges, allowing for personalized treatment plans.

Hundreds of practitioners have used Nutrition Response Testing for over 20 years, helping thousands of patients with various health challenges, including chronic pain, hormonal imbalances, chronic fatigue and digestive issues. The effectiveness of this approach lies in its ability to deliver results where other methods have failed.

Dr. Shannon Roznay, D.C., leads Thrive! Wellness Center with a commitment to natural health solutions. Inspired by her own experience with natural healing as a teenager, Roznay uses Nutrition Response Testing to help patients achieve better health through diet, whole food supplements and chiropractic adjustments.

The Thrive Wellness Health Program is a completely individualized clinical nutrition program that relies on nervous system feedback for accuracy and customization. Patients can expect a thorough initial visit, including health history, symptom analysis and a computerized heart rate variability test to assess nervous system function. The program includes specific nutritional supplements and dietary modifications tailored to each patient's unique needs.

Location: 148 S. Industrial Dr., Saline. For more information, call 734-470-6766 or visit Thrive-Wellness-Center.com. See ad on page 15.

Better Health Market Features Fresh Organic Produce and Hot Bar Café

Better Health Market, Michigan's top source for organic and natural foods, vitamins and supplements, offers a unique shopping experience with their fresh produce section and hot bar café. Known for their commitment to better nutrition at affordable prices, they continue to enhance their offerings for health-conscious consumers.

Shoppers can explore a diverse range of fresh, organic produce, ensuring the highest quality for their meals. The hot bar café features a variety of nutritious, ready-to-eat options, perfect for a quick and



healthy meal. This complements Better Health Market's extensive product range, which includes everything from aromatherapy to zinc, featuring leading brands and Better Health's own line of vitamins and supplements.



Customers enjoy significant savings with discounts of 20 percent, 30 percent and more on everyday pricing. No product sells at retail price, and additional savings are available through monthly hot product specials and popular online coupons. Orders over \$49 ship free within the U.S. and Canada, with same-day shipping typically available. For faster delivery, FedEx overnight and 2-day options are also offered.

With locations in Novi, Ann Arbor, Beverly Hills, Bloomfield, Grosse Pointe, Lansing (W. Saginaw Hwy.), Lansing (Clippert), Plymouth, Shelby, Sterling Heights, Southgate, Dearborn, and Livonia, Better Health Market is easily accessible for Michigan residents.

For more information, call 1-877-876-8247 or visit BetterHealthMarket.com. See ad on inside front cover.

Summer Discounts for Seniors at People's Food Co-op in Ann Arbor

People's Food Co-op now provides Senior Summer Discount Days, offering a special 10 percent discount for seniors ages 65 and older. This initiative runs every Monday throughout the summer, from now to August, providing seniors an opportunity to save on their favorite products.



"We're thrilled to give back to our senior community," says Troy Clarke, marketing/outreach coordinator at People's Food Co-op. "Our seniors have supported us over the years, and this is our way of showing appreciation and making healthy, sustainable food more accessible."

The co-op offers a wide selection of fresh, locally sourced and organic products, ensuring that seniors have access to the healthiest options available. The shopping experience is designed to be easy and enjoyable, with knowledgeable and friendly staff ready to assist.

In addition to Senior Summer Discount Days, People's Food Co-op continues to offer a range of products and services designed to meet the needs of all community members. From locally sourced produce to eco-friendly household items, the co-op remains committed to sustainability and community support.

Location: 216 N. 4th Ave., Ann Arbor. For more information, call 734-994-9174 or visit PeoplesFood.Coop/newsite. See ad on page 17.

Seva Ann Arbor Celebrates Fresh, Imaginative Vegetarian Cuisine

Seva Ann Arbor, located in the Westgate Shopping Center, is a celebrated vegetarian restaurant that has been serving the Ann Arbor community since 1973. Renowned for its fresh, imaginative vegetarian cuisine, Seva offers a menu that caters to a variety of dietary preferences, including numerous vegan and gluten-free options. This beloved eatery emphasizes creativity and quality in its dishes, which range from hearty salads and flavorful tacos to indulgent pasta and stir-fries.

The restaurant's history is rooted in a commitment to vegetarian dining, a tradition that began in 1971 with Seva Longevity Cookery in Columbus, Ohio. Since its establishment in Ann Arbor, Seva has grown to become a local favorite, known for its warm atmosphere, colorful décor and dedication to serving healthy, delicious meals. The current owners, Maren and Jeff Jackson, have maintained the restaurant's legacy while introducing modern touches, such as a full-service bar.

Seva Ann Arbor also offers a unique dining experience with its call-ahead waitlist system, allowing patrons to minimize their wait time. Though the restaurant does not take reservations, this system ensures a smoother dining experience for guests. Additionally, the restaurant is wheelchair accessible and family-friendly, making it a welcoming spot for all diners.

Location: 2541 Jackson Ave., Ann Arbor. For more information, call 734-662-1111 or visit SevaRestaurant.com.



Farm-to-Table Community Dinner at Jolly Pumpkin Artisan Ales + Kitchen

The Jolly Pumpkin Artisan Ales + Kitchen is hosting an enchanting farm-to-table community dinner series, from 6:30 p.m. to 8:30 p.m., July 23, celebrating the bounty of the season with a meticulously crafted menu that highlights the finest locally sourced ingredients. Each dish tells a story of local agriculture, sustainability and culinary passion. The event invites guests to enjoy a family-style dinner, fostering a sense of community and shared experience.

This dinner series is a collaborative effort between Jolly Pumpkin and Washtenaw Meats, a local collective founded by Sarah Schloss



of N Kids Farm, Colleen Dauw of Dancer Creek Farm and David Cobler of Sabbath Farm. Washtenaw Meats aims to reinvigorate the small livestock system in Southeast Michigan by partnering with local businesses and strengthening area farmers and processors. This collaboration ensures the provision of high-quality, nutritious and humanely raised meat products to households, restaurants and stores.

The full menu will be developed based on seasonality and availability, and will be announced a week in advance. Jolly Pumpkin Artisan Ales and Cocktails will be available for an additional charge. Tickets are priced at \$35 for adults, and children can attend for free with a paying adult.

The event underscores the vision behind Washtenaw Meats: to establish connections among Southeast Michigan livestock producers, secure quality local processing options, strengthen the local meat supply chain and educate consumers about the value and quality of locally produced meat products.

Location: 2319 Bishop Circle East, Dexter, MI, 48130. For more information, call 517-203-1113 or visit MassageAndWellnessOnline.com.

CoreLife Eatery in Ann Arbor Promotes Clean, Nutritious Eating with Innovative Menu

CoreLife Eatery champions the power of clean, healthy eating. As processed foods continue to dominate the market, CoreLife Eatery aims to revolutionize dining experiences by offering nutritious, delicious meals that fuel both body and soul.



Since its inception in Syracuse in May 2015, CoreLife Eatery has focused on providing real, whole foods prepared fresh in each eatery. The menu features a variety of hearty bowls, including Green Bowls with leafy greens, Grain Bowls with organic whole grains, and Broth Bowls with slow-simmered broths. Every ingredient is free from GMOs, trans fats, artificial colors, sweeteners and additives. The eatery emphasizes sustainably raised chicken and steak, locally sourced produce and scratch-made dressings.

CoreLife Eatery's mission is to empower individuals through nutritious food, enhancing their performance and overall well-being. The restaurant fosters a conversation about the benefits of eating real food and supports local farmers and communities by sourcing in-season ingredients. Each location hires local team members, ensuring high-quality preparation and community investment.

CoreLife Eatery also offers convenient delivery options, bringing their healthy meals directly to customers' homes, workplaces and gyms. This initiative aligns with their commitment to making nutritious eating accessible and convenient.

Location: 205 N. Maple Rd., Ste. 26, Ann Arbor. For more information, call 734-412-4101 or visit CoreLifeEatery.com.



New Bathroom Tech to Monitor Health

Imagine a toilet that not only cleans itself but also performs a urinalysis to detect hydration levels, urinary tract infections and kidney issues. A trip to the restroom may be the first step in monitoring and maintaining health and wellness, as a number of new

products with medical monitoring features are finding their way into the latest bathrooms.

Toi Labs makes smart toilets equipped with advanced sensors that non-invasively monitor fluid intake levels, stool and urine contents, and other vital health metrics without any burden to the user. Withings, a French company, offers a toilet device that detects a large variety of biomarkers found in urine and offers actionable advice for improving health.

CareOS has unveiled the first AI-powered smart mirror for mental wellness that the company asserts can identify mood and help manage stress. Look into the mirror for skin care recommendations and how to correct yoga poses. A Canadian company, NuraLogix, offers a mirror that detects blood pressure and vital signs and assesses disease risk. A 2020 study found that smart floor sensors could be used to predict fall risk and signs of illness. Smart bath maker BBalance is hoping to launch a mat next year that can measure weight and body composition, and detect posture and balance to predict the risk of neurodegenerative disease.

In Vivo Gene Editing

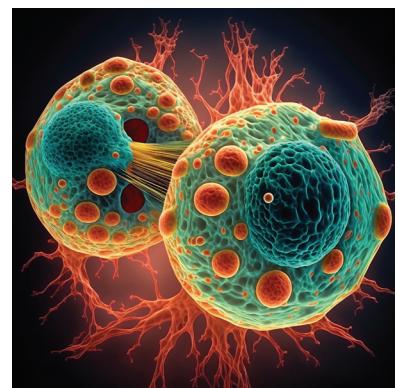
Several companies are experimenting on human subjects to develop gene editing that is performed inside the body. Such therapies differ from a recently approved treatment for sickle-cell anemia



that removes bone marrow from the body before editing the genetic material and reintroducing it into the patient.

Intellia Therapeutics and Regeneron Pharmaceuticals are in clinical trials to use gene editing to knock out a gene that causes fibrous protein clumps, which can

accumulate in organs and nerves, increasing the risk of heart failure and other serious complications. Verve Therapeutics is enrolling patients to test a gene-editing protocol designed to reverse the effects of a genetic disease that leads to severely elevated cholesterol and increased risk of early-onset cardiovascular disease. One caveat: These therapies carry the risk of editing unrelated genes.



Detecting Cancer Early

Cambridge University's Early Cancer Institute recently received an \$11.7 million anonymous donation to further its research. The Institute is focused on detecting cancers before they produce symptoms and spread, which then requires expensive medical treatments that are

not always effective. One team there is using 200,000 blood samples taken 10 to 20 years ago from ovarian cancer screening participants to identify genetic markers in those that later developed the disease.

Another team developed a cytosponge to collect cells and identify

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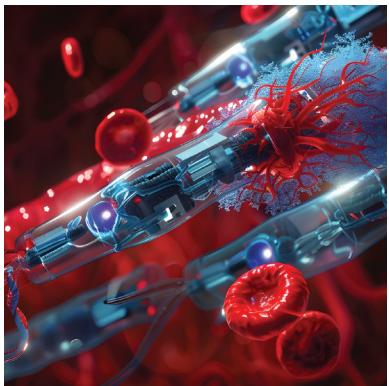
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a protein associated with precancerous esophageal cancer. The Institute also has a team that is trying to pinpoint the biomarkers associated with prostate cancer. Their goal is to assist in the development of new and more effective ways to treat cancer.



Sperm Defy Newton's Law of Motion

Sir Isaac Newton's third law of motion states that for every action there is an equal and opposite reaction. Scientists now understand how human sperm and single-celled algae seemingly defy this law. In research from Kyoto University and published in *PRX Life*, scientists explain how sperm, with their whip-like tails and algal flagella, propel themselves through viscous fluids that should, in theory, resist their movement. Because the cells generate their own energy, they thrust beyond the equilibrium in Newton's law using an odd elasticity. The researchers believe their understanding of this unique aspect of nature will help in the development of elastic swimming micro-robots that can be used for drug delivery, sensing and microsurgery.

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Pregnancy Adds to Women's Biological Age

A study by the Columbia University Mailman School of Public Health and published in *Proceedings of National Academy of Sciences* quantified the effect of pregnancy on biological aging. The study included more than 1,700 men and women

from the Philippines aged 20 to 22 years old. The researchers concluded that the energy expended in reproduction comes at an expense. Across six epigenetic clock measurements, pregnancy was found to accelerate the women's biological aging compared to those that had no pregnancies, and multiple pregnancies accelerated the women's biological age on two of the epigenetic clock measures. Pregnancy did not result in aging of the men in the study.

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Understanding Insulin Resistance:

A Path to Effective Weight Management



Struggling with weight loss is a common challenge faced by many individuals. Despite following diet plans and engaging in regular exercise, the desired results often remain elusive. This struggle is frequently compounded by feelings of guilt, exacerbated by societal pressures and medical advice. According to recent statistics, over 50 percent of Americans are classified as overweight, with a significant portion battling insulin resistance.

Insulin resistance is a complex metabolic condition that affects how the body responds to food intake. Insulin, a critical hormone, regulates blood sugar levels and influences overall health, including food cravings, sex hormone levels and fat storage. When the body's cells become resistant to insulin, higher levels of the hormone are required to manage blood glucose, leading to various health issues, including difficulty in losing weight.

Traditionally, the medical community has emphasized diet and exercise as primary strategies for managing insulin resistance. However, emerging research indicates that genetic predispositions play a significant role, making it challenging to overcome insulin resistance through lifestyle changes alone. This understanding has led to the development of a new class of medications known as GLP-1 receptor agonists.

GLP-1 receptor agonists, including medications like Ozempic, Wegovy, Mounjaro, Zepbound and Semaglutide, offer a promising solution for those struggling with insulin resistance. These medications work by mimicking the action of the GLP-1 hormone, which enhances insulin secretion and reduces appetite. As a result, they help correct metabolic imbalances, curb cravings, promote weight loss and improve overall health.

Studies published in reputable journals, such as the *National Institutes of Health* and *The New England Journal of Medicine*, have validated the efficacy of GLP-1 receptor agonists in treating insulin resistance. These medications are FDA-approved for managing both diabetes and obesity, offering hope to many who have found traditional methods ineffective. While some patients may experience side effects, the potential health benefits are substantial.

The Wycoff Wellness Center, in East Lansing, Michigan, stands out as a leader in utilizing these advanced treatments. Their Semaglutide Weight Loss Program, overseen by experienced physicians, has yielded remarkable results for numerous patients. The program includes personalized care, comprehensive testing and tailored treatment plans to address individual needs effectively. By focusing on correcting metabolic imbalances, Wycoff Wellness assists patients in their journey toward sustainable weight loss and enhanced well-being.

Dr. John Wycoff, the founder of Wycoff Wellness Center, emphasizes an integrative and functional approach to chronic health issues, including weight management. The center's holistic methods aim to provide lasting solutions that go beyond mere symptom management. With a commitment to improving patients' quality of life, Wycoff Wellness offers a supportive environment for achieving health and wellness goals.

Location: 1226 Michigan Ave., East Lansing. To schedule appointments or for more information, call 517-333-7270 or visit Wycoff Wellness.com. See ad on back cover.



Time with Nature:

A Natural Prescription for Boosting Immunity and Reducing Stress

In the bustling chaos of modern urban life, finding solace in nature might seem like a luxury rather than a necessity. Yet, scientific research underscores the profound health benefits of reconnecting with the natural world. Immersing oneself in nature not only alleviates stress, but also enhances the body's immune function through the activation of the parasympathetic nervous system.

Chronic stress, a ubiquitous element of contemporary living, significantly impairs the lymphatic system and, consequently, the immune response. The cacophony of city life—blaring sirens, relentless construction noise and the constant hum of traffic—elevates stress levels and perpetuates a state of heightened vigilance. This urban-induced stress suppresses lymphatic flow, impairing the body's natural defense mechanisms.

Conversely, spending time in green spaces offers a reprieve from this relentless stress. Nature immersion activates the parasympathetic nervous system, which is crucial for the movement of lymphatic fluid and overall stress reduction. “Nature has a unique way of grounding us, bringing our systems back into balance,” says Sarah Girard, a licensed massage therapist and owner of Elevate Mind & Bodywork, in Ann Arbor. “By simply walking through a forest or sitting in a park, we can significantly reduce stress and support our lymphatic system.”

A 2020 study by the University of South Florida Morsani College of Medicine found that spending time in natural environments markedly reduces both perceived and physiological stress. Similarly, a 2015 study by the VU University of Amsterdam revealed that even a brief, five-minute exposure to green spaces can enhance parasympathetic

activity, aiding in stress recovery. These findings suggest that the lymphatic system and immune function benefit significantly from nature exposure.

Connecting with nature doesn't require a grand expedition. Simple acts like feeling the earth beneath your feet, touching the texture of plants, or even just contemplating your breath alongside a tree can foster a deep sense of peace and well-being. “Nature is the best healer,” Girard adds. “When we engage our senses with the natural world, we not only relax but also boost our body’s ability to fight off illnesses.”

In addition to nature immersion, self-lymphatic drainage techniques and professional sessions can further support lymphatic health and stress relief. Regular practice

of these techniques helps maintain the lymphatic flow and enhances immune response.

The healing power of nature is accessible to everyone, whether in a sprawling metropolis or a secluded countryside. Understanding our intrinsic connection to the natural world is a vital aspect of the healing process. Our wellness journey is amplified by the mindful time we spend with nature, reflecting on the intricate connections within and around us. Just as the Earth’s watersheds support its ecosystems, our lymphatic system sustains our health.

Location: 1140 N. Wagner Rd., Ann Arbor. To schedule an appointment or for more information, call 734-883-1383 or visit ElevateMassageTherapy.com. See ad page 29.



Sarah Girard



Ayurvedic Seasonal Eating

How to Balance Doshas With the Right Foods

by Carrie Jackson



Each season brings a unique bounty of fresh food to sustain and nourish us. A ripe tomato off the vine in the summer or a hearty winter squash stew highlights what the Earth naturally offers. Seasonal eating is a rhythmic approach that is more sustainable than relying on grocery-store staples and connects us to the world around us. Combining seasonal eating with the Ayurvedic concept of balancing our

doshas helps to maintain harmony with nature. It also helps support local farmers, reduce carbon emissions, maximize the food's nutritional value and nourish holistically.

The Fresher the Better

Seasonal eating is intuitive, but modern technology and busy lifestyles get in the way. "For thousands of years, people ate seasonally all the time, as there was no other

option," says Erin Casperson, director at Kripalu School of Ayurveda, a global leader in mindfulness education. "They trusted that each harvest gave us exactly what we needed to survive and thrive. It is only recently, with the development of refrigeration and modern transport, that we are able to access food from other areas of the world and store it for long periods of time."

Eating local food when it is fresh not only helps to maximize the food's nutritional value, it strengthens our connection to its origin. "From an Ayurvedic perspective, we look at the prana, or life force, in food," explains Casperson. "Generally, the shorter it's been off the plant, the more life, or nourishment, it will supply. When it's treated with pesticides and sits in storage or refrigeration for days or weeks, it starts to lose that life force. Looking at a freshly picked strawberry, you can see the value it has. If I pick up a plastic box of spinach at the grocery store, there's no connection. I have no idea how long it's been traveling or what it's been exposed to."

Kadiatou Sibi, a board-certified Ayurvedic and reiki practitioner and founder of Los Angeles-based A Web of Wellness, recommends frequenting farmers markets, co-ops and grocery stores that offer locally grown food to maximize freshness. "Consuming foods during their harvest honors the natural cycle of the Earth. The crops are brighter, tastier and more nutritionally dense. By purchasing food from a [farmers] market, you are supporting marginalized communities, which historically are often women and families working in the fields. Cultivating

locally grown foods also helps to maintain the biodiversity of crops and prevents big corporations from taking over the land.”

Cutting out long-distance transportation doesn’t just increase the food’s freshness, it is better for the environment, too. “When we eat locally, we lower the carbon footprint and greenhouse gas emissions it takes to access the food. It also eliminates the need for pesticides and other harmful agents that make the food last longer,” Sibi explains.

Eating seasonally is a cornerstone of Ayurvedic practices, which Sibi says are rooted in a deep connection with nature. “The idea of seasons is based around the cycles of the moon and sun,” she asserts. “Food is one important way we can balance ourselves holistically. Seasonal eating teaches us to wait for the right time and not rush nature. We can look forward to watermelon in the summer and Brussels sprouts in the winter. We learn to cultivate deep gratitude and respect for the land and all it provides for us. It fosters deep stewardship for the Earth.”

Balancing Our Doshas

Incorporating the Ayurvedic understanding of doshas into our diet further supports our connection to nature and intuitive eating. “According to Ayurveda, everything and everyone is comprised of five elements: space, air, fire, water and earth,” says Veena Haasl-Blilie, founder of Minnesota-based Saumya Ayurveda. “These elements combine to form three basic energy properties called the doshas. These foundational energies, known as vata, pitta and kapha, are the building blocks of our universe. While all three doshas are present in every one of us, they manifest to varying degrees. Our distinct physical, mental and spiritual traits are the result of our unique dosha constitution.”

Disruptions in our daily routines, stress and diet changes can cause doshas to get out of balance. By mindfully incorporating dosha-balancing foods and herbs into our day, our bodies and minds can reset. “In Ayurveda, food is medicine. When we eat to balance the doshas, we are eating in the most supportive and nourishing way possible,” explains Haasl-Blilie. “Instead of a

one-size-fits-all diet, we are eating what is balancing to us specifically in that season.”

Understanding an individual’s own dosha type is a key starting point. Haasl-Blilie recommends, “Fiery pitta is best balanced through naturally sweet foods like fruit, most grains, squash, root vegetables, milk and ghee. The best tastes for balancing pitta are sweet, bitter and astringent, while sour, salty and pungent tastes should be minimized. Airy vata has a cold, dry, light nature that can be countered with foods that are warm, moist and grounding, such as hearty soups and healthy fats. Sweet, sour and salty foods help to balance it. For kapha’s cool, dense, oily nature, we should favor food that is light, dry and easy to digest, ideally served warm or hot with invigorating herbs or spices. Sweet, sour and salty tastes should be minimized.”

Cooking with seasonal food that supports dosha balance helps to further nourish holistically. Chef Divya Alter is a cookbook author and the co-founder of Divya’s, which combines culinary education, good-for-you packaged foods and a plant-based restaurant in New York City. Aiming to offer practical ways to bridge the ancient wisdom of food with modern living beyond the boundaries of India, she notes, “Part of my mission is to show people how to apply the universal Ayurveda principles to every part of the world, incorporating the ancient principles of food compatibility and digestion into local cuisines.”

The Joy of Summer Foods

Alter says that in warmer months, choosing balancing foods helps to naturally regulate our bodies and our doshas. “Summer is the season of outdoor activities, travel, vacationing and more. The heat and exertion tend to deplete our systems, but nature’s peak harvest season provides us with abundant produce to help us replenish. Ayurveda is all about balancing with nature, so in the hot summer, when we tend to sweat more and feel dehydrated, we need to incorporate cooling and hydrating foods. We feel extra pleasure eating the juicy seasonal fruits like peaches, apricots, berries and watermelon because they quickly cool and nourish us. Zucchini, fennel, leafy greens, okra, carrots and green beans are all great vegetables to give us minerals, vitamins

and fiber, plus keep our bodies cool. Coconut in every form is our best friend in summer because it is very cooling and nourishing. Fresh coconut water is the best natural electrolyte drink, and you can add fresh coconut milk to your curry or smoothie. For plant-based protein, mung beans and red or green lentils are all great choices.”

For a simple complement to any dish, Alter recommends using fresh herbs, most of which can be grown locally. “Cilantro, basil, parsley, dill, rosemary, thyme, curry leaves and tarragon, and the cooling spices such as coriander, fennel, cumin and cardamom, add flavor without overheating the body. I use very little or no chili, and if my digestion needs a bit more heat, then I’d use warming spices like black pepper, turmeric, cinnamon and ginger in small amounts,” she says.

Sibi points out that using fresh herbs and spices while cooking also helps to preserve cultural traditions. “While they may not have originated here, locally grown and ethically sourced herbs honor global cooking and customs,” she says. “Incorporating fresh cilantro into a Mexican dish, turmeric into an Indian recipe, or parsley into a Mediterranean meal reminds us of their origins. Besides the medicinal benefits, the flavors are more palatable, and it’s a valuable way to teach these traditions to a younger generation. They learn that what you put in your mouth doesn’t just affect you, but has a larger global impact.”

While this may seem like a lot to consider when making daily food choices, Casperson recommends starting with seasonal eating and balancing our doshas using ingredients that are readily available. “Seasonal eating is more accessible, because you can literally choose what to eat by what is in the market. From there, have some fun with it,” she suggests. “Look up recipes and menus that you can easily digest to support your dosha balance, and add in herbs grown in your own garden. Sit down and eat in a relaxed setting without distractions and really connect with how you’re nourishing yourself.”

Carrie Jackson is a Chicago-based freelance writer and frequent contributor to Natural Awakenings. Connect at CarrieJacksonWrites.com.



Secrets to a Glowing Complexion:

Mark J. Tager Shares New Approaches

by Sandra Yeyati



Mark J. Tager, M.D., instructs medical practitioners and consumers in new approaches to wellness, emphasizing the complementary treatment of chronic conditions and the use of personalized nutrition as a cornerstone of optimal health. His synergistic approach to skin health and beauty has been shaped by years working in the integrative, aesthetic and regenerative fields.

Tager received his undergraduate and medical training at Duke University and currently

teaches at the school's Integrative Medicine Center. He has served as founding vice president of marketing for Reliant Technologies, where he helped launch the Fraxel laser for skin rejuvenation, and also served in executive positions with Syneron and Lutronic, two leaders in advanced aesthetic technologies.

The author and co-author of 10 books and hundreds of educational videos recently created the 40-hour continuing education course "Personalized Nutrition for

Practitioners" on behalf of the American Nutrition Association. His most recent book is *Feed Your Skin Right: Your Personalized Nutrition Plan for Radiant Beauty*, which serves as the basic content for the 10-hour online professional training program "Inside Skin Beauty".

What are the characteristics of healthy skin?

Healthy skin begins with good barrier function. The epidermis—the outermost layer of

skin—keeps water and key nutrients in and helps repel harmful agents such as bacteria and chemicals. Healthy skin has a glow that comes from good blood flow, rapid skin turnover, ample collagen and clarity—by this I mean skin that has been protected from harmful UVA/UVB rays to minimize aging spots and premature skin damage. Radiant skin reflects light, so when someone is taking care of their skin, there is literally a glow about them.

What foods do you recommend for healthy skin?

Make plants a central part of your diet. A wide array of colorful plants provides the body with key antioxidants that help ward off the effects of oxidation. Interestingly, many plant ingredients have a mild, skin-protective effect when eaten because their key function in the plant is to protect it from harmful UV rays. While the effect is nowhere near that provided by sunblock, you do gain a “natural SPF” [sun protection factor] of 3 or 4 from some of the yellow-orange carotenoid phytonutrients, as well as the red-purple anthocyanins.

The second benefit of plant-based foods is providing fiber to the body. In addition to promoting healthy bowel movements, fiber is the preferred food of the helpful gut bacteria. They convert fiber into, among other things, short-chain fatty acids which, in the gut, protect the lining, and, when they enter the bloodstream, help to maintain a healthy skin microbiome.

What aesthetic procedures should we consider?

I'm a big fan of fractional rejuvenation, which essentially produces small thermal wounds that heal quickly, leading to skin turnover and bringing heat into the dermis for collagen remodeling. Microneedling creates a similar effect, although it does not have the added benefit of the heat going into the dermis. There are multiple products that combine microneedling with radio-frequency heat, and this provides a dual action.

How do we personalize a plan to optimize skin health?

It starts with a hard look at your diet. There is no way that anyone can out-supplement a crappy diet. If you are working with a professional, they will take a careful, functional-medicine history; look for the medications that deplete key nutrients; get basic bloodwork that can shed light on imbalances; and closely examine the hair, skin and nails for nutrient insufficiency.

There are new tests that can shed light on personalization. One of these is a nutritional genomic test for skin health. This identifies the genetic variants that affect a host of skin-related processes, including the assimilation of vitamins and minerals; the rate at which collagen is broken down in the body; and glycation, the binding of sugar to collagen, making it more brittle and contributing to wrinkles. Then there are more advanced blood, urine, saliva and stool tests that can

provide a snapshot of hormones, the microbiome and the metabolites that are produced in the body. Increasingly, these tests are going direct to the consumer, but I highly advocate having a well-trained professional help with the interpretation.

How does gut and skin microbiome testing relate to skin health?

The three to four pounds of bacteria in our gut produce more than 30 neurotransmitters, key vitamins and short-chain fatty acids. The gut communicates with the skin via these chemical messengers, but also through the nervous system, most notably through the vagus nerve, which sends signals to the brain. Ideally, we want to live in harmony with the good bacteria in the gut and support healthy communication.

There are less helpful bacteria in our gut, as well. These bacteria can proliferate and crowd out the good bugs. This is known as dysbiosis. Increasingly we are seeing specific changes in gut microbiome composition associated with conditions such as atopic dermatitis, psoriasis, acne and rosacea. Changes in diet, including the removal of offending agents, as well as the addition of nutrients that repair the skin barrier and probiotics, can help restore this balance. I think we are in an infant stage with our understanding of the skin microbiome. This will change.

Sandra Yeyati is national editor of Natural Awakenings.

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Nourish Skin From Within

Foods That Enhance Health and Radiance

by Maya Whitman

Our skin is the largest human organ. In addition to protecting us from ultraviolet radiation, bacterial invaders and chemicals, it also provides a visual record of the human story, as it is vulnerable to emotional stress, hormonal rhythms and poor diet. While more research is needed, there is growing evidence that food can be an ally for resolving stubborn acne, preventing certain types of skin cancer and aging gracefully. According to a clinical review published in the journal *Medicina*, nutrients like vitamins A, C, D and E, as well

as omega-3 fatty acids, may be beneficial for atopic dermatitis and psoriasis.

"The global market for skincare topicals is estimated at around \$180 billion," says Mark Tager, M.D., an integrative healthcare synergist in San Diego, California, and author of *Feed Your Skin Right: Your Personalized Nutrition Plan for Radiant Beauty*. "There are some topicals with ingredients that do penetrate the skin. For the most part, these approaches pale in comparison with the power of an inside approach to skin health

and beauty." He reminds us that what we consume is reflected in our skin.

Gut Health and Glowing Skin

Emerging research published in *Gut Microbes* in 2022 shows the relationship between intestinal flora and skin health and proposes the value of supplemental prebiotics, probiotics and fermented foods. "Trillions of organisms—mainly bacteria in our gastrointestinal tract—produce vitamin K, neurotransmitters and short-chain fatty acids, each of which plays a role in skin health," says Tager, highlighting the microbe *Akkermansia muciniphila*, which produces acetone. "People with acne have much lower levels of this short-chain fatty acid in their skin microbiome. Raising the acetate levels, along with changing the ratio of good-to-bad gut bacteria, can help with acne." Tager recommends eating fiber, which is the preferred food of the good bacteria like *Akkermansia*, as well as taking probiotics.

Deanna Minich, a nutrition scientist, functional medicine practitioner and author of *The Rainbow Diet: A Holistic Approach to Radiant Health Through Foods and Supplements*, concurs, "An imbalance in the



microbiome has been linked to acne. Eating a diverse, colorful, plant-rich diet is a wonderful way to promote a healthy balance of gut bugs." For acne, she lauds the benefits of green tea.

Full-Spectrum Sustenance

Skin-friendly foods are nutrient-dense and include avocados, sunflower and flax seeds, almonds, walnuts, berries and cold-water fatty fish (herring, sardines and salmon). "Colorful plant pigments or phytochemicals can fortify skin internally," Minich asserts. "They tend to accumulate in the skin and offer protection from the sun by absorbing UV rays and reducing inflammation. When we eat a colorful diet, we're eating an array of nutrients and phytochemicals that protect our skin." She recommends carotenoids like beta-carotene and lycopene, which are abundant in foods like melons, tomatoes and carrots.

Minich also touts protein to help repair damaged skin, especially plant sources like lentils, beans and tofu, as well as animal proteins such as eggs, fish and lean meats, but warns against charring in the cooking process. "This can create inflammatory compounds known as advanced glycation end products (AGE), which can contribute to aging. Instead, prepare foods with low heat and wet cooking methods such as boiling, stewing and steaming."

A 2019 prospective cohort study of French women published in *The American Journal of Clinical Nutrition* connected a decreased risk of melanoma and basal cell skin cancer with the adherence to the Mediterranean diet.

Trigger Foods

Reducing inflammation and taming a sweet tooth is important. "Too much sugar attaches itself to the collagen in our skin, making it brittle, and this leads to more fine lines and wrinkles," explains Tager, advising, "Diets high in saturated fats and fried foods contribute to inflammation and changes in sebum production." He underscores the possibility of food sensitivities to tree nuts, dairy, fish, wheat, eggs, shellfish, peanuts or soy that can manifest as skin irritations, itching and swelling.

Collagen Factors

According to Tager, collagen forms a scaffold within the body and is an essential component of connective tissue that supports the skin's elasticity. Minich notes, "Collagen supplements can be helpful to improve the appearance of skin, but the body also creates its own collagen and needs nutrients like zinc and vitamin C to do so."

A Personalized Approach

Ultimately, better skin depends upon multiple considerations, including diet, lifestyle, genetics, medical history and emotional health. "The real breakthrough we have seen over the last decade is the rise of personalized nutrition," Tager observes, encouraging people to work with medical and nutritional professionals to develop a customized plan.

Maya Whitman is a frequent contributor to Natural Awakenings.

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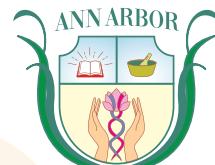


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Green Tabbouleh

This salad is very colorful and fresh-tasting. The vibrant greens flecked with red, orange and black vegetables, as well as the white quinoa, paint an image of a righteously healthy bowl. For variety, add steamed vegetables such as beets and sunchoke [artichokes], or raw cucumbers or jicama.

YIELD: 4 SERVINGS

*½ cup white quinoa, washed and drained
 ¼ tsp plus a pinch salt, divided
 ½-inch fresh ginger, peeled and chopped
 6 fresh curry leaves
 ½ green Indian or Thai chile, seeded (optional)
 1 bunch kale (about ½ lb), washed, stems removed and torn into smaller pieces
 1 tsp olive oil
 Tiny pinch asafoetida [Indian spice]
 ¼ cup finely diced carrots
 2 or 3 red radishes, diced
 2 Tbsp celery, finely diced
 ¼ cup pitted black olives, chopped
 ¼ cup toasted pine nuts or walnuts
 2 Tbsp fresh parsley leaves
 1 Tbsp fresh mint leaves*

DRESSING

*2½ Tbsp olive oil
 2 Tbsp fresh lime juice
 1 tsp salt
 ¼ tsp freshly ground black pepper*

In a medium saucepan, bring three cups of water to a boil over medium-high heat, then add the quinoa and one-quarter teaspoon of the salt. Cook uncovered for 12 to 15 minutes until a little tail-shoot separates from the seed. Drain. Spread on a plate or tray to let the quinoa cool completely.

In a food processor, finely chop the ginger, curry leaves and chile. Add the kale leaves and pulse until they are finely chopped but not pasty.



In a 10-inch skillet, heat the olive oil over low heat. Add the asafoetida, food-processed kale and carrots. Sauté for about three minutes, until the kale wilts but is still vibrant green and the carrots are softer but still crunchy. Season with a pinch of salt and set aside to cool.

DRESSING

In a small bowl, whisk together the olive oil, lime juice, salt and black pepper. Toast the pine nuts or walnuts in a small skillet on low heat. Move them frequently in the pan until they turn slightly golden in color. Transfer the nuts to a small bowl and let them cool completely.

ASSEMBLY

In a large bowl, combine the quinoa, kale and carrot mixture, radishes, celery and olives. Just before serving, drizzle the dressing over the tabbouleh and toss to mix. Serve at room temperature and garnish each bowl with pine nuts, parsley and mint.

Recipe and photo courtesy of Chef Divya Alter from her cookbook, Joy of Balance (Rizzoli, 2022).



Divya Alter Rachel Vanni/CanvaPro

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YIELD: 5 CUPS

¼ cup dried hibiscus flowers

2½ cups fresh sweet pineapple juice, strained

2 to 3 Tbsp maple syrup (optional)

Place the hibiscus flowers in a one-quart vessel and pour in three cups of room-temperature filtered or spring water. Cover and leave on the counter for at least eight hours or overnight. Strain and reserve the liquid; discard the hibiscus.

Stir together the hibiscus water and pineapple juice. Add the maple syrup to taste for additional sweetness. Enjoy at room temperature or slightly chilled. Store refrigerated for up to three days.

Recipe and photo courtesy of Chef Divya Alter from her cookbook, Joy of Balance (Rizzoli, 2022).



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A hand holds a large, transparent capsule filled with various colorful vegetables like carrots, broccoli, and tomatoes, set against a backdrop of a farm landscape with barns and rolling hills under a bright sun.

by Kelcie Ottoes

The global dietary supplement industry reached sales of more than \$177 billion in 2023. Natural supplements are gaining more attention for their emphasis on whole-food ingredients and for their holistic approach to nutrition.

Growing Demand

A nationwide survey by the Council for Responsible Nutrition found that 74 percent of American adults take dietary supplements, with 92 percent of users reporting that they are essential for maintaining health. According to the National Institutes of Health, although supplements cannot replace a healthy diet, they can help ensure adequate amounts of essential nutrients and improve health. For example, calcium and vitamin D support strong bones, folic acid decreases the risk of certain birth defects and omega-3 fatty acids may help some people with heart disease.

David Perlmutter, M.D., a neurologist and expert in gluten issues, brain health and nutrition, sees an increased role of supplements in the future. He explains, "The world of health care is moving to a place of recognizing the fundamental role of metabolism in general health and compromising health through chronic degenerative conditions. I think there is a place for appropriate use of nutritional supplements when they are developed and validated in this arena."

Synthetic Supplements

"Most nutritional supplements are the product of something going on in a chemistry laboratory," laments Perlmutter, adding that manmade supplements contain nutrients that are artificially created, which may be harder for the body to recognize and process.

"Synthetic supplements are loaded up with excipients like magnesium dioxides, silica, etc.," explains David Stelzer, founder and chief executive officer of Azure Standard, a producer of organic foods and natural

products. "A lot of times, the minerals aren't even predigested. If you're taking iron, you wouldn't be getting much better in those pills than if you were sucking on rusty nails, and that is not what the body can utilize."

Whole-Food Supplements

Sometimes referred to as farm-focused supplements, whole-food supplements are made by extracting nutrients from fruits, vegetables and herbs with an emphasis on raw, unprocessed ingredients. They often contain organic food extracts and include a variety of vitamins, minerals, enzymes, antioxidants and phytonutrients in their natural forms that can boost absorption, compared to synthetic alternatives.

Whole-food supplements come in the form of multivitamins, mineral formulas, herbal blends and specialized formulations. Some food products such as energy bars, shakes and powders may also incorporate whole-food supplementation to boost their nutritional value and provide a natural source of vitamins, minerals and antioxidants.

"What we want to look for [in food-based supplements] is that they are sourcing sustainably; that they're emphasizing organic,

raw materials and non-GMO sources; that no harmful chemicals have been used, nor is there any part of the manufacturing process that does a significant amount of damage," Perlmutter recommends. "Look for the emblems that indicate USDA Certified Organic ingredients. Some manufacturers also have B Corp certification, indicating the company is socially and environmentally sensitive."

"Look at the source. Where is it from? What kind of products is it made from? What is being used as a flow agent or filler, if anything? How has it been produced? Make sure you can trust the company as well," says Stelzer, adding that brands like Garden of Life, AzureWell, MegaFood and Standard Process promote their commitment to quality and transparency.

Shopping Tips

- Certifications:** Choose products that are Food Alliance Certified, USDA Certified Organic, Demeter Certified Biodynamic, Non-GMO Project Verified and Rainforest Alliance Certified.
- Ingredients:** Opt for organic ingredients and avoid supplements with artificial colors, flavors and fillers.

• **Nutrient Density:** Prioritize supplements that contain a variety of vitamins, minerals and phytonutrients from whole food sources.

• **Manufacturer:** Visit brand websites, looking for the transparency of their manufacturing, quality control and sustainability disclosures.

"Food should be our medicine," insists Stelzer. "Supplements, in and of themselves, should be the exception rather than the rule. There are some folks with exceptions. When your body has been depleted in nutrients for an extended period of time, like those recovering from serious illnesses, supplements help their bodies to catch up. Also, if your body is depleted and showing signs of fatigue or illness, then there's definitely a place for supplements." As with any dietary changes, it is important to consult with a healthcare professional before starting something new.

Kelcie Ottoes is a content writer for sustainable businesses, specializing in blog posts, case studies and white papers. She is a frequent contributor to Natural Awakenings.

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The Kindness Cure

Helping Ourselves by Helping Others

by Maya Whitman

Love and compassion are necessities, not luxuries. Without them, humanity cannot survive," says the Dalai Lama, who celebrates his 89th birthday this month. Kindness is critical to our existence, and altruism—the authentic inclination to help or inspire others—offers health benefits for both the giver and receiver. According to Waguil William IsHak, a professor of psychiatry at Cedars Sinai Medical Center, in Los

Angeles, repeated acts of consideration for others boost oxytocin (the love hormone), dopamine (the feel-good chemical) and substance P (a key neurotransmitter in pain reduction).

Benevolence not only make us feel good, but also provides health rewards. Research published in *Psychoneuroendocrinology* in 2017 shows a correlation between generosity and favorable changes

in immune-cell gene expression, most notably helpful in the presence of cancer and cardiovascular disease.

Being kind to others can even improve our own mental health. A 2021 study published in *Frontiers in Psychology* found that participants with low-to-moderate levels of mental well-being experienced mental health improvements after performing acts of kindness for others. A 2022 study in *The Journal*



"To make meaningful connections, employ conscious compassion."

of Positive Psychology concluded that acts of kindness were more effective in reducing anxiety and depressive disorders than cognitive behavioral therapy.

Everyday Philanthropy

Applying genuine thoughtfulness in our daily lives ripples outward. "Unlike random acts of kindness, intentional kindness is not always easy or convenient, but it's always impactful," says Tracey Gates, a kindness ambassador, author and wellness coach in Pennington, New Jersey. "It's inviting the new student to sit at your table or being late for your appointment because a friend was in need."

To make meaningful connections, Gates recommends employing conscious compassion, which has been pivotal in her own journey through a stressful work environment, caring for her mother and negative news when her health buckled under an autoimmune disease. "I needed to do something to tip the scales back toward positivity in my life, so I decided to conduct an experiment," explains Gates. "If daily stress could impact me physically and emotionally, what would happen if I put a daily dose of kindness on my to-do list?"

Inspired by her late father, who always requested "a few kind words" instead of tangible gifts, she challenged herself to craft an unexpected, handwritten letter of appreciation to a different person every day for one year. The results were transformational in her own life and health and led to her book, *The Power of a Few Kind Words: Create a More Meaningful Life, One Letter at a Time*. "What I learned is that we are much more alike than we are different. We all just want to know we matter."

Reaching out to others "can be as simple as sharing your time with no agenda, being curious, asking questions or offering to walk someone's dog," attests Jennifer Schmeisser, a health and wellness coach in Dublin, Ohio. "Kindness is much more than

being polite. The world throws so much at you, and approaching it from an intentional place of kindness versus overwhelm is a game-changer."

As a dedicated mother of an autistic son, Schmeisser has experienced unkind responses from strangers through the years, something she has taken as an opportunity to teach others sensitivity simply by being a positive example and not lashing out. "The intrinsic value of kindness is a larger picture of humanity outside oneself, regardless of gender, age, religion or ethnicity."

For Gates, a more compassionate society begins at home. "If you want kindness, empathy and compassion to be core values in your child's life, then it needs to be a core value in your life," she says. "As a family, share each night around the dinner table how you were kind today and how and if someone was kind to you."

Compassion for Ourselves

Talk of "self-care" is common these days, but to achieve well-being, we must put it into practice. "For me, self-kindness is letting go, not taking all the responsibilities on my shoulders and letting myself be human. Kindness is forgiving my flaws and allowing space for the hard emotions, too," says Schmeisser.

For Gates, being kind to ourselves makes it easier to be kind to everyone else. It also involves unplugging from screens and reconnecting to others in real time. "Get out of your chair and put your phone down," she affirms. "Ask a colleague how their vacation was or how life with a new puppy is going. Kindness and benevolence are readily available medicines to ease the burden of our technological age."

Maya Whitman is a regular contributor to Natural Awakenings.

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Open Stage – 8pm. Take your music to the masses. Open Stage nights offer supportive audiences and a terrific space. Performers have 8 mins (or 2 songs) each to do their thing. \$3, \$2/members, seniors, students. The Ark, 316 S Main St, Ann Arbor. TheArk.org.

SATURDAY, JULY 6

Sound & Vibrational Therapies – 10am-4:30pm. This interactive training is centered around the teaching of Sound Healing & Vibrational Therapies. Our intention for this amazing interactive training is to not only share the theory, science and practices of Sound Healing, but to give hands-on experience. 7 Notes Natural Health, 3830 Packard Rd, Ste 120, Ann Arbor. Required registration: 248-962-5475 or 7NotesNaturalHealth.as.me.

TUESDAY, JULY 9

Ann Arbor Backyard Beekeepers Meeting – 7-9pm. This month's featured speaker is Steve McDaniel, who will delve into the theme of "The Business of Beekeeping." Matthaei Botanical Gardens, 1800 N Dixboro Rd, Ann Arbor. mbgna.umich.edu.

FRIDAY, JULY 12

Sound Bath & Gallery Reading – 7-8:30pm. With Sound Therapist, Rob Meyer-Kukan and Psychic/Medium, Rev. Dr. Ryan Mehmandoost-Gauthier. In addition to the soothing sounds of singing bowls, gongs and more, played by Rob, Ryan will share messages from loved ones, Higher Selves, Spirit Guides, Master Teachers, Angels and more. \$50. 7 Notes Natural Health, 3830 Packard Rd, Ste 120, Ann Arbor. Required registration: 248-962-5475 or 7NotesNaturalHealth.as.me.

SATURDAY, JULY 13

Mindful Forest Hike Mini-Retreat: Connecting with the Earth – 9:30am-12pm. This immersive experience is a sensory meditation practice allowing you to connect deeply with yourself and nature, feel grounded, and explore the beauty of the summer season. Activities include sensory hike, guided reflection and group discussion, and journaling. No prior experience with meditation required. Facilitators: Elle Bogle, Naturalist, WCPR, and Julie Woodward, Mindfulness Teacher. \$35/person. Bird Hills Nature Area, 1850 Newport Rd, Ste 1, Ann Arbor. To register: Julie@Julie-Woodward.com.Julie-Woodward.com.

Meet Your Parks: Birding Brigade – 10-

11:30am. With Natural Area Preservation (NAP) and Ann Arbor District Library (AADL). Furstenberg Nature Area, meet at the parking lot off Fuller Rd, Ann Arbor. aadl.org.

SUNDAY, JULY 14

Wonder Walk: Summer Along Fleming Creek – 1-2pm. All ages. Free. Matthaei Botanical Gardens, 1800 N Dixboro Rd, Ann Arbor. mbgna.umich.edu.

TUESDAY, JULY 16

5 Hidden Sources of Stress & Inflammation – 8-9pm. Inside the CBC with differential (the lab test worth the price of gold). In this live workshop, Dr. Jena will teach you how to read your own labs from a functional medicine perspective to get hidden answers as to why you are having symptoms and yet get told that your labs are "normal." Free. BloodworkExpert.com.

MARK YOUR CALENDAR

SEPTEMBER 16-19

Dr. Chi Fingernail and Tongue Analysis Clinics – Monday, September 16, through Thursday, September 19. Chi is a world-renowned expert in the Eastern medical art of fingernail and tongue evaluation. He travels the globe teaching clinicians and evaluating patients with many medical conditions. All visits are by appointment only. Call to schedule your appointment. Wycoff Wellness Center, 1226 Michigan Ave, East Lansing. 517-333-7270.

WEDNESDAY, JULY 17

Wonder Walk: Summer Along Fleming Creek – 5:30-6:30pm. All ages. Free. Matthaei Botanical Gardens, 1800 N Dixboro Rd, Ann Arbor. mbgna.umich.edu.

Adrenal Fatigue? – 8-9pm. Learn the blood markers that tell how you are really adapting to stress. In this live workshop, Dr. Jena will teach you how to read your own labs from a functional medicine perspective to get hidden answers as to why you are tired, worn out, not sleeping, depressed and/or anxious and yet get told that your labs are "normal." Free. Bloodwork Expert.com.

THURSDAY, JULY 18

Breasts 4 Life at Thrive Wellness Center – July 18-19. 9am-4pm. Dr. Barsoum will

be doing 30-min thermography scans. Enter discount code THRIVE50 for \$50 off either the breast imaging or the breast + thyroid combo. 148 S Industrial Dr, Saline. For appt: Breasts4Life.com/book-now.

Summer Sounds at the Ann Arbor Summer Art Fair – July 18-20. Free live music each evening of the art fairs to the Stage on Main at the corner of Main and William in the Palio lot. TheArk.org.

The Real Thyroid Panel – 8-9pm. Get the real story of what's happening with your thyroid. In this live workshop, Dr. Jena will teach you how to read your own labs from a functional medicine perspective to get hidden answers about your thyroid even when you are told that your labs are "normal." Hint: It's more than just the TSH. Free. BloodworkExpert.com.

SUNDAY, JULY 21

Stewardship Workday: Kuebler Langford Nature Area – 9am-12pm. Help remove some of the remaining harmful invasive plants to help this prairie thrive. Tools and know-how provided. Free. Meet at the park entrance on Beechwood Dr, north of Sunset Rd, Ann Arbor. Pre-registration required: Tinyurl.com/23rasdhw.

TUESDAY, JULY 23

Farm-to-Table Community Dinner – 6:30-8:30pm. An evening of good food, great company, and a celebration of the farm-to-table ethos, where each dish tells a story of local agriculture, sustainability and culinary passion. \$35/adult, free/children. Jolly Pumpkin Artisan Ales + Kitchen, 2319 Bishop Cir E, Dexter. Washtenaw Meats.com/events.

Artist Spotlight: Shamarr Allen – 8pm. The definition of New Orleans. Free; please bring a nonperishable food donation for Food Gatherers. The Ark, 316 S Main St, Ann Arbor. TheArk.org.

WEDNESDAY, JULY 24

Stiltgrass Workshop – 6-7:30pm. Join NAP and Washtenaw County Parks & Recreation for a workshop at the Botsford Preserve to learn effective techniques for identification and management of stiltgrass (*microstegium vimineum*). Meet at the Forest Cove Office Campus, 3001 Miller Rd, Ann Arbor. Register: Tinyurl.com/4t5cebt.

FRIDAY, JULY 26

Chelsea Sounds & Sights Festival – July 26-27. Features live music in the social tent, kids' entertainment and activities, a classic car show, art market, chalk art

exhibition, chalk art competition, farmers market and food court. Downtown Chelsea. ChelseaMich.com.

Stewardship Workday: Furstenberg Nature Area – 9am-12pm. Help pull invasive weeds. Tools and know-how provided. Free. Meet at the parking lot off Fuller Rd, Ann Arbor. Pre-registration required: tinyurl.com/m4xkzwcb.

SATURDAY, JULY 27

Birds of Summer – 8-10am. Hike to view birds from field to river. Sharon Mills County Park, 5701 Sharon Hollow Rd, Manchester. Register: Washtenaw.org.

SUNDAY, JULY 28

Things With Wings – 1-4pm. Free all-ages event featuring content such as a bug hunt, scavenger hunts, wing-making craft, living hive, birds of prey and more. Matthaei Botanical Gardens, 1800 N Dixboro Rd, Ann Arbor. mbgna.umich.edu.

MARK YOUR CALENDAR

TUESDAY, SEPTEMBER 17

Dr. Chi Fingernail and Tongue Analysis FREE Seminar – 6-8pm. Chi is a world-renowned expert in the Eastern medical art of fingernail and tongue evaluation. He travels the globe teaching clinicians and evaluating patients with many medical conditions. Please reserve your seat by contacting the office. Wycoff Wellness Center, 1226 Michigan Ave, East Lansing. 517-333-7270.

WEDNESDAY, JULY 31

LifeChoices Lunch & Learn – 11:30am-12:30pm. Topic: Continuing Care at Home. Enjoy lunch while you learn about our program. Free. Weber's Inn, 3050 Jackson Rd, Ann Arbor. RSVP: 734-679-0533 or ehmss.org/events.

PLAN AHEAD

THURSDAY, AUGUST 1

Summer Evening Mindfulness Hike – 6:30-8pm. Mindful hiking in the late summer prairie. Northfield Woods & Arbor Woods Preserves, 150 E Northfield Church Rd, Whitmore Lake. Register: Washtenaw.org.

FRIDAY, AUGUST 2

Sound Bath Meditation – 7-8:30pm. Join Rob Meyer-Kukan for this sound bath meditation. In this time of sound bath, Rob will play singing bowls, gongs, and more with the intention of washing you with the sounds that bring calming vibrations to reduce stress and ease tension. \$40. 7 Notes Natural Health, 3830 Packard Rd, Ste 120, Ann Arbor. Required registration: 248-962-5475 or 7NotesNaturalHealth.as.me.

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DAILY

Ayurveda For Us – Provides online consultations, where clients receive personalized guidance to address chronic health issues and reclaim their vitality. With a focus on diet, herbalism, mental and spiritual healing and lifestyle adjustments, Ayurveda offers a holistic approach to wellness. To schedule a free 30-min discovery call: [Calendly.com/d/4dc-gws-6fw/discovery-call](https://calendly.com/d/4dc-gws-6fw/discovery-call). For more info & appt: AyurvedaFor.us.

Herbs for the Southeast Michigan Garden – Learn how to grow and use 20 culinary and medicinal herbs suited for the southeast Michigan garden. Will cover preservation techniques, basic medicine making and crafting herbal oils, poultices, infused honeys and vinegars plus more. Free. More info & register: CastleRemedies.podia.com.

Introduction to Homeopathy Class – Learn how to choose remedies and how to use them. Class contains nearly 4 hrs of pre-recorded videos. Downloadable resources. \$75. More info & register: CastleRemedies.podia.com.

Holistic Health Consultation – 9am-7pm. Online or phone consultation consultations last about 1 hr and are provided by Certified Xolar Vibronics Holistic Educator and Life Coach Ikaro Phoenix. Be introduced to various techniques, elements or holistic ways of viewing the situation which help the soul to be reeducated and empowered to deal with problems and eliminate them from their root. \$150. For appt: LivingWisdomCoaching.earth.

Pets & Parents Reiki Session – 9am-9pm. Sessions for wellness, critical care and end of life transition. Actively experience the use of reiki touch with your pet. Learn additional tips for helping your pet. Virtual 40-min appt. \$20. 231-590-0001. TCDesoto@gmail.com.

The Best Affirmation for You – 10am. Learn about the power of affirmations and how they can bring about positive events and circumstances. Call for a 10-15-min consultation with a licensed professional counselor to pick the best affirmation for you. Purchase an affirmation stone to enhance what you are affirming in your life by having a visible reminder. Free. 734-644-6943. Harmony2c.com/affirmation-stones.

Tiny Lions Lounge & Adoption Center (TLC) – 12-7pm, Wed-Sun. Offers feline-friendly activities with kittens and cats available to take home. 5245 Jackson Rd, Ste A1, 734-661-3575. TinyLions.org.

Naturally Purifying and Supercharging Your Body Podcast – 7-7:45pm. Matthew Hazen is the owner of Human Consciousness Support, a company that produces a unique nutraceutical product called MasterPeace. Free. buzzsprout.com/1206776/14236700.

WEEKLY

Yoga with Crysterra Wellness – Variety of classes Tues-Thurs. Cost varies. For schedule & details: CrysterraWellness.com.

Stop Sabotaging Your Self-Care – Christy DeBurton will guide you on a journey of self-discovery to examine the obstacles that stand in the way of you taking better care of yourself. 4-wk self-paced online course. \$79 (regular \$149). Yoga Room, 889 Honey Creek Dr, Ann Arbor. Info@ChristyDeBurton.com. YogaRoomAnnArbor.com/online-courses-self-care.

SUNDAYS

Bach Flower Remedies Level 1 Live Web – 3rd Sun. Learn how to use the 38 Bach flower remedies to help yourself and others conquer fear, worry, overwhelm, low self-esteem, lack of focus, poor concentration, trouble sleeping and more. With Nancy Buono, BFCP, Director of Bach Flower Education. BachFlowerSchool.com.

Hudson Valley Humane Society Rescue Reading – 10am-12pm. Includes humane education lessons, group read-aloud and dog meet-and-greet. Drop-off event. \$10; space limited. HSHV.org/RescueReading.

Clearing Meditation – 11am. 4th Sun. Each person gets one question answered for healing an issue. In person. Troy. RSVP required: 248-789-1980.

Online Meditation from Anywhere – 11am-12pm. Building an international sangha by connecting loving hearts. Donations welcome. To receive a link: CelesteZygmont2@yahoo.com or DeepSpring.org.

Sunday Talk with Demo Rinpoche – 11am-12pm. Jewel Heart Tibetan Buddhist Learning Center, 1129 Oak Valley Dr, Ann Arbor. 734-994-3387. JewelHeart.org.

Inspiring Talk by Mata Yogananda – 7pm. Spiritual talk, pure meditation and silent prayer, with Winged Prayer for all in need at 9pm. Free. Self-Realization Meditation Healing Centre, 7187 Drumheller, Bath. 517-641-6201. SelfRealizationCentreMichigan.org.

MONDAYS

Senior Summer Discount Days: People's Food Co-op – Thru Aug. A special 10% discount for seniors aged 65 and older. 216 N 4th Ave, Ann Arbor. 734-994-9174. PeoplesFood.Coop/newsite.

Weekday Morning Online Meditation – Mon-Fri. 7:30-8am. Insight Meditation Ann Arbor offers a 30-min online group sitting via Zoom. Free; donations gratefully accepted. InsightMeditationAnnArbor.org.

Beginner Tai Chi – 10-11:15am. A series of postures linked together in a fluid manner. Focuses on relaxation in motion,

balance and the mind/body connection. Can attend one or both sessions per week (Mon morning &/or Thurs evening). \$195. Peaceful Dragon School, 1945 Pauline Blvd, Ste B, Ann Arbor. 734-741-0695. PeacefulDragonSchool.com.

Soul Power Mystic Arts – 5pm. 2nd Mon & Wed. Re-claim the real you, hear your evolutionary calling, and cultivate the nature mystic within through 4 retreats, individual training, self-acceptance process, nature qigong, plant ally ceremonies and body-ecology psychology. Sliding scale. Mother Bear Sanctuary, 20470 Barton, Pinckney. 734-796-6690. MotherBearSanctuary.com.

Meaningful Mondays – 8pm. SevaLight Retreat Centre warmly welcomes everyone, of all faiths, meditation practices and traditions, to join us virtually. Will gather on video conference sharing in song/chants and inspiring readings from Mata Yogananda Mahasaya Dharmaji's writings, followed by Pure Meditation and silent prayer. Free. Email by 10am any Mon to receive the info about how to join by video: Info@SelfRealizationCentreMichigan.org.

TUESDAYS

Senior Discount Tuesdays: Castle Remedies – Customers over the age of 65 can receive a 10% discount on their in-store purchases. In the Parkway Center, 2345 S Huron Pkwy, Ann Arbor. 734-973-8990. CastleRemedies.com.

Online Meditation from Anywhere – 9-9:30am. Building an international sangha by connecting loving hearts. Donations welcome. To receive a link: CelesteZygmont2@yahoo.com or DeepSpring.org.

Hypnotherapy – 9:30am-7pm, by appt. Also Wed. Cheryl Beshada teaches and specializes in personal empowerment, releasing blocks and patterns of negative behavior, higher self-communication. Free consultation. Warren. 586-899-9009.

5 Hidden Gems in Your Normal Blood Work – 8-9pm. 3rd Tues. Join Dr. Jena for her Bloodwork Webinar and learn 5 hidden gems that can help you go from unhealthy to healthy. Free. BigBeautifulChiropractic.com.

WEDNESDAYS

Get the Most from Your DNA Test – 6-8pm. Learn what you can do with your results and what additional opportunities are available for discovering your genetic genealogy. Understand the science, how to find information and how to share that information. Course 39651. \$59. Washtenaw Community College, 4800 E Huron River Dr, Ann Arbor. 734-677-5060. wccnet.edu/noncredit.

Your Lipid Panel: What Bad Cholesterol

Really Means – 8-9pm. 3rd Wed. Grab your latest bloodwork and let's dive into your bloodwork and let me teach you how to look for hidden answers. Free. BigBeautifulChiropractic.com.

THURSDAYS

Class Observation – 11-11:45am. Ann Arbor School of Massage, Herbal and Natural Medicine, 3684 W Liberty Rd, Ann Arbor. RSVP: 734-769-7794. NaturopathicSchoolOfAnnArbor.net.

Qigong: Basics – 11:15am-12:15pm. Class introduces participants to basic self-care stretches, breathing, meditations and self-acupressure for reducing muscle tension, increasing mindfulness, and revitalization. \$180. Peaceful Dragon School, 1945 Pauline Blvd, Ste B, Ann Arbor. 734-741-0695. PeacefulDragonSchool.com.

Beginner Tai Chi – 6-7:15pm. A series of postures linked together in fluid manner. Focuses on relaxation in motion, balance and the mind/body connection. Can attend one or both sessions per week (Mon morning &/or Thurs evening). \$195. Peaceful Dragon School, 1945 Pauline Blvd, Ste B, Ann Arbor. 734-741-0695. PeacefulDragonSchool.com.

Thursday Hills of Ann Arbor – 6:30pm. We ride some of the best hills A2 has to offer. A/B/C: 10-40 miles. Start at Wheels in Motion, 3402 Washtenaw Ave, Ann Arbor. WheelsInMotion.us.

Thursday Evening Silent Meditation – 6:30-8:15pm. With Insight Meditation Ann Arbor. Free; donations gratefully accepted. Zion Lutheran Church, 1501 W Liberty St, Ann Arbor. 734-994-4455. InsightMeditationAnnArbor.org.

Sounds & Sights on Thursday Nights – Thru July 25. 6:30-8:30pm. Musical acts from across the spectrum (folk, bluegrass, Celtic, jazz, classical, country, Latin and everything in between) perform at separate stages. Free. Downtown Chelsea. 734-474-9178. ChelseaFestivals.com.

The Thyroid Panel: Get the Real Story of What's Happening with Your Thyroid – 8-9pm. 3rd Thurs. Learn how to find hidden answers in the bloodwork that you already have so that you can finally get some answers as to why you feel the way you do. Free. BigBeautifulChiropractic.com.

FRIDAYS

Online: Prayer Power Hour – 12-12:30pm. Prayer changes things. Our goal is simple: to love you, pray for you and introduce you to our loving Creator, the Great Healer. Free. Tinyurl.com/PrayerPowerHour.

SATURDAYS

Vintage Alley: 20+ Unique Vendors – 9am-4pm. May thru Oct. Vintage Jewelry, Clothing, Furniture, Home Goods 'n More. Original Art and Prints available. Always something new 'n exciting, add VINTAGE ALLEY to your Saturday Eastern Market Routine! 1515 Division St., Detroit. 313-666-0060.

Pregnancy, Childbirth, Postpartum and Baby Classes – 6-7pm. Classes are held virtually online led by our top AID instructors utilizing state of the art visual aids and activities to keep it fun and engaging while presenting the latest evidenced based material on each topic. \$35/class. Childbirth-Classes.com.

Drum and Dance Jam – 7:30-9pm. 1st Sat (Apr, May, June, Aug). Bring a drum with you or use a drum that is provided. \$5 donation requested at door. Interfaith Center for Spiritual Growth, 704 Airport Blvd, Ann Arbor. InterfaithSpirit.org.

Classifieds

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RELAXSTATION, VOTED A2'S BEST MASSAGE, IS HIRING! Our massage therapists earn \$35K to \$40K annually as W-2 employees for a 30-hour (including breaks) weekly schedule. New location on Packard Street between Argus Farm Stop and the Buddhist Temple offers traditional full body massage as well as fully clothed table massage, plus onsite chair massage at UT and local businesses. Free parking. Friendly, diverse and supportive community of co-workers. Relaxstation.com. Ask for Carrie, 734-623-1951.

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MASSAGE/BODYWORK ROOM FOR RENT WEST SIDE ANN ARBOR for licensed massage and bodywork therapists. Income potential; accommodate 8-12 sessions a day; \$2,400-\$3,800/month income. Saturday through Wednesdays, rent dependent on days taken. Security deposit required. 3-6-month agreement length with renew options. Free parking right outside building, no stairs, ground floor, ADA-accessible, quiet, furnished, supportive surroundings. This is a lightly shared space in an ongoing massage therapy business. Plenty roomy with table, seating, shelving, and nice big window bringing in natural light. Call Mary Light, 734-769-7794.



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Malcolm Sickels earned his M.D. from the University of Michigan, where he taught fellow medical students about different approaches to health. Board certified in Family Medicine and Holistic Medicine, he is in solo practice on the west side of Ann Arbor. Learn more at Dr.Sickels.com. See ads, pages 8 and 23.

Holistic Mental Wellness

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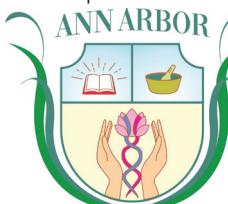


We offer the holistic community a nature-oriented meeting space for workshops, meetings, counseling, yoga, youth groups and family gatherings. Main room accommodates 100, with two smaller classrooms and kitchen facilities. Hiking trails. Weekend rates range from \$200-\$400, additional for extensive grounds use, camping. See ad page 23.

School/Education

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734-769-7794
NSHAAssociates@gmail.com
NaturopathicSchoolOfAnnArbor.net



Massage therapy training is a one-year program that fulfills the 717-hour, state-licensed professional training with the required 80 hours of clinical internship. The rate for scheduled, Tuesday through Friday appointments at our student massage clinic is \$50/hr. See ad page 17.

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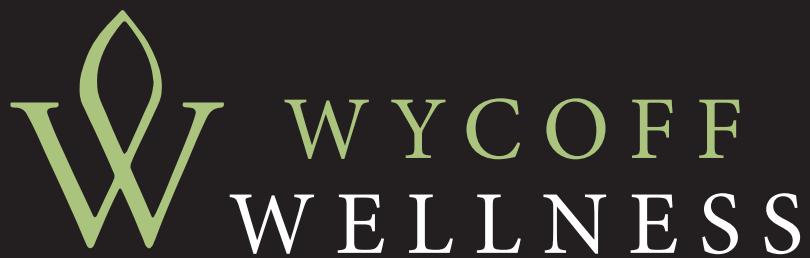
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